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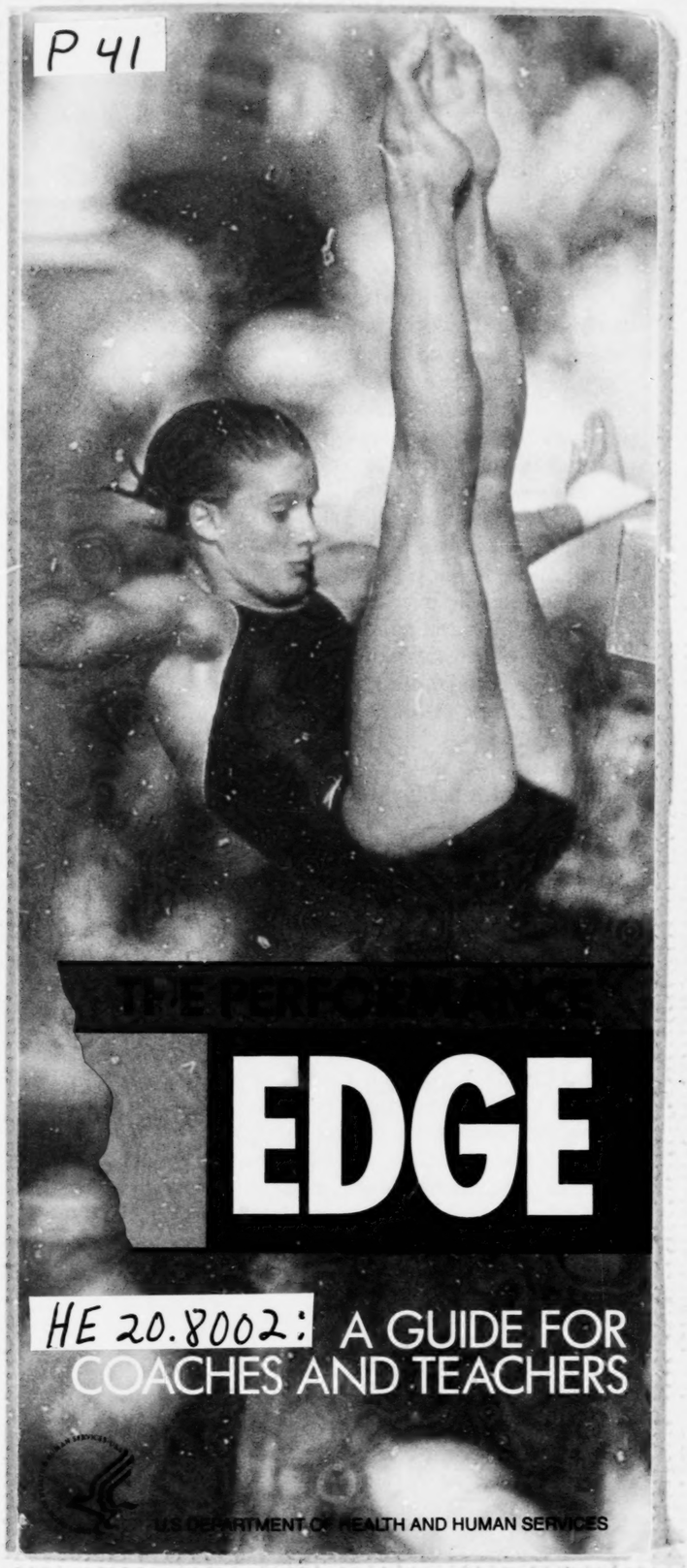

HE 20.8002:

This guide and the accompanying video and printed material were prepared by the U.S. Department of Health and Human Services' Office on Smoking and Health and Office for Substance Abuse Prevention.

PURPOSE OF THE GUIDE

Teenagers, more than any other age group, hate to be told not to do something. Understandably, they want to figure things out for themselves. When it comes to advice on tobacco, alcohol and other drugs, most teenagers are sophisticated enough to identify and reject scare tactics and other approaches that seem condescending, self-righteous or otherwise out of touch.

It was with this in mind that the Office on Smoking and Health and the Office for Substance Abuse Prevention developed The Performance Edge, a short video with accompanying printed material. The video and the printed material focus on the effects smoking and drinking have on physical performance. The printed material also discusses other drugs, such as steroids.

The Performance Edge appeals to the teenager's desire to perform—to perform for peers, for parents, for teachers and coaches, and for himself or herself. The material uses athletic performance as a starting point, but its ultimate message is broader, encompassing performance in general, both on and off the playing field. The theme can and should be related to academic performance, to performance at work and at play, and to performance in any activity about which your students care.

INSTRUCTIONS FOR USE

The Performance Edge is designed for use in a variety of secondary school settings: in the locker room before practice, during gym and other classes, on parents' night, or at student assemblies.

Consider billing the program as "a video about performance" rather than "a video about tobacco and alcohol."

- Show the video.
- Hand out SCORE Magazine.
- Allow students at least 10 to 15 minutes, or overnight, to peruse the magazine. Encourage them to read each article and to do the Whiz Quiz and the Performance Trivia.
- Lead students in a discussion about the video and magazine. You may find the facts and discussion topics below helpful.

SOME USEFUL FACTS

TOBACCO

- Smoking increases airway resistance. In order for oxygen to reach the working skeletal muscles, the respiratory muscles have to work harder and thus consume more oxygen. The amount of oxygen available to the skeletal muscles is reduced, and so is athletic performance.
- Smoking depletes the amount of oxygen carried by the blood. In addition, the increased presence of carbon monoxide makes it more difficult for the blood to release the oxygen it is carrying.
- Smoking causes the heart to beat faster and pump less blood with each beat. It also causes higher blood pressure. Both effects decrease the efficiency of the cardiovascular system and hamper performance.
- Studies have shown that non-smokers perform significantly better in the one-mile run, dodge-and-jump, and crawling test. They also perform better at altitudes more than 1,000 feet above sea level.
- In the United States, some 3,000 teenagers start smoking each day.

ALCOHOL

- Alcohol is a concentrated source of calories, yet it provides very little energy. Because it must first be metabolized by the liver, it cannot be used directly by the muscles. This extra metabolic step makes alcohol an inefficient source of fuel which should be avoided by athletes.
- At low to moderate doses, alcohol causes blood vessels within muscles to constrict, while it causes those at the surface of the skin to dilate. Blood cannot reach the working muscles where it is needed, and performance is diminished.
- In the presence of alcohol, the pancreas secretes excessive doses of insulin. This can result in temporary hypoglycemia (low blood sugar) and fatigue during exercise.
- Alcohol inhibits the release from the pituitary gland of ADH, a hormone which regulates the amount of water retained by the kidneys. This can cause dehydration, marked by extreme thirst and physical weakness.
- Studies have shown that ingestion of even a small amount of alcohol can impair reaction time, hand-eye coordination, accuracy, balance and gross motor skills. At higher levels, voluntary motor actions become perceptibly clumsy.

SUGGESTED TOPICS FOR DISCUSSION

The direction of your discussion will depend largely on whether you are presenting the material to athletes or non-athletes.

For athletes, you can focus on the particular sports your students do, and consider how tobacco, alcohol and other drugs may detract from their performance. For non-athletes, you can apply the performance theme to almost any other activity that interests your students. In either case, try to take a positive position, encouraging students to strive for the best possible results in the activities they care about.

You may find some of the following questions helpful in leading your discussion. They are arranged to correspond with the articles in SCORE Magazine.

GET THE EDGE; YOU'VE GOT IT, DON'T LOSE IT

- What effect might tobacco, alcohol and other drugs have on students' performance in the sports and other physical activities they do?
- What about the effect of these drugs on non-athletic activities, i.e., music, drama, free time, dating, socializing, summer and afternoon jobs, etc.?
- What about the effect on your family life? How would your parents feel if they knew?
- Can students give anonymous examples of friends who might be willing to stop smoking and drinking if they knew it would improve their performance in activities they love to do?
- How do students say no when they want to refuse tobacco, alcohol and other drugs?
- Challenge students to do their weekend socializing without tobacco and alcohol.
- Encourage students to take a pledge as a team or class to stay smoke-free for a day, a week, a season, etc.

DIRTBALLS & HOTSHOTS

- Do students agree with the "Dirtballs & Hotshots" article? Why do students who smoke get labeled?
- What positive behaviors can students engage in when they want to show others who they are?

BOOZE, BUTTS & SEX APPEAL

- Does anyone think smoking or drinking is appealing?
- Can students list other ways smoking and drinking make people unattractive?

GETTING SMASHED

- Do students take any precautions to keep other kids from drinking and engaging in risky activities, such as driving?
- What other activities could be particularly dangerous after drinking alcohol?

IT DOESN'T "AD" UP

- Can students think of examples of ads that give misleading information about smoking or drinking?
- Can students recall any effective anti-smoking or anti-drinking ads that got a message through to them?

THE WHIZ QUIZ

- Do students understand how the Whiz Quiz activities are related to smoking, drinking and doing other drugs?

DR. P

- Do students think smokeless tobacco or steroids are a problem at your school?
- Can students suggest how smoking and drinking can affect their academic performance?

DIAL IT

- Encourage students who want more information to contact the organizations listed under "DIAL IT."

FOR MORE INFORMATION

TOBACCO

Office on Smoking and Health
Center for Chronic Disease Prevention
and Health Promotion
Centers for Disease Control
5600 Fishers Lane
Park Building, Room 1-18
Rockville, MD 20857

American Cancer Society
1599 Clifton Road
Atlanta, GA 30329
(404) 320-3333
Or contact your local chapter.

American Heart Association
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300
Or contact your local chapter.

American Lung Association
1740 Broadway
16th Floor
New York, NY 10019
Or contact your local Lung Association.

National Cancer Institute
Cancer Information Service
1-800-4-CANCER

National Cancer Institute
Cancer Communications
9000 Rockville Pike
Building 31, Room 4B-49
Bethesda, MD 20892

ALCOHOL AND DRUGS

National Clearinghouse for
Alcohol and Drug Information (NCADI)
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

Alcoholics Anonymous (AA)
P.O. Box 459
Grand Central Station
New York, NY 10163
(212) 686-1100
Or look in the yellow pages under "Alcohol."

Al-Anon and Alateen
P.O. Box 882
Mid Town Station
New York, NY 10018
(212) 302-7240
Or look in the yellow pages under "Alcohol."

American Council for Drug Education
204 Monroe Street, Suite 110
Rockville, MD 20850
(301) 294-0600

Families in Action
2296 Henderson Mill Rd., Suite 206
Atlanta, GA 30345
(404) 934-6364

Cocaine Helpline
Psychiatric Institute of America
1-800-COCAINE

National Council on Alcoholism
Information Line
1-800-NCA-CALL

National Institute on Drug Abuse (NIDA) Hotline
1-800-662-HELP

Pride Drug Information Hotline
1-800-241-9746

Schools Without Drugs
1-800-624-0100

Just Say No
1-800-258-2766

OTHER PUBLICATIONS

CHEW OR SNUFF IS REAL BAD STUFF
National Cancer Institute Publication No. 88-2976
To Order Call: 1-800-4-CANCER

CLEARING THE AIR
How to Quit Smoking and Quit for Keeps
National Cancer Institute Publication No. 89-1647
To Order Call: 1-800-4-CANCER

ANABOLIC STEROIDS
LOSING AT WINNING
Food and Drug Administration Publication
No. (FDA) 88-3171
To Order Write:
FDA
Office of Public Affairs
5600 Fishers Lane
Rockville, MD 20857

U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service

Centers for Disease Control
Center for Chronic Disease Prevention
and Health Promotion
Office on Smoking and Health

Alcohol, Drug Abuse, and Mental Health
Administration
Office for Substance Abuse Prevention

DHHS Publication No. (CDC)89-8414